

Curried Chickpeas with Baked Tofu over Cilantro Rice

Makes: 8 Servings

“My mom used to make white rice with curry for dinner, but I thought it would be good to make it more healthy, so I used brown rice instead and added chickpeas to the curry,” says Alexander. “I like tofu, so I decided to add baked tofu to the top layer. We usually have a salad with most of our dinners, and I think that is healthy.”

Ingredients

- 1 (15-ounce) package extra-firm tofu
- 2 **tablespoons** whole-wheat flour
- 2 tablespoons nutritional yeast (optional)
- 1 garlic clove, peeled and minced
- 1/2 **teaspoon** salt
- Nonstick cooking spray
- 4 **cups** vegetable broth
- 3 **cups** brown rice
- 1/4 **cup** chopped fresh cilantro
- 1 **teaspoon** canola oil
- 1 large onion, peeled and diced
- 4 bell peppers, assorted colors, seeded and diced
- 2 garlic cloves, peeled and minced
- 2 **teaspoons** yellow curry powder
- 1/2 **cup** low-fat milk
- 1 **can** chickpeas, drained and rinsed well
- 1/2 **teaspoon** salt
- 1 (14-ounce) can low-fat coconut milk

Directions

1. **Preheat the oven to 400°F.** Place the tofu on a paper towel-lined plate and press with another paper towel to



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	464	
Total Fat	10 g	15%
Protein	18 g	
Carbohydrates	76 g	25%
Dietary Fiber	10 g	40%
Saturated Fat	3 g	14%
Sodium	459 mg	20%

*Percent Daily Values are based on a 2,000 calorie diet.

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squeeze excess water out of the tofu. Cut into bite-sized cubes.

2. **In a medium bowl**, combine the whole-wheat flour, nutritional yeast (optional), garlic, and salt. Add the cubed tofu and toss to coat the pieces in the flour mixture. Spray a baking sheet to prevent sticking and spread the tofu in a single layer. Bake for 30 minutes, gently stirring once during baking so all pieces are evenly browned.
 3. **While the tofu is baking**, in a large stockpot, boil 2 cups of water, the vegetable broth, and rice over medium heat. Reduce the heat to a simmer, cover, and cook for 45 minutes, or until the rice is tender. Remove the rice from the heat and add the chopped cilantro.
 4. **Meanwhile, in a large sauté pan**, heat the canola oil over medium heat. Add the onion and peppers and cook for about 8 minutes, or until softened. Add the garlic, curry powder, coconut milk, low-fat milk, chickpeas, and salt, reduce the heat to low, and simmer for 15 minutes.
 5. **To assemble**, layer brown rice, curry sauce, and finally baked tofu on top.
- The 2015 Healthy Lunchtime Challenge Cookbook